


Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Wild Things! Join us on Friday September 8 1:30 pm	1 9:30-3 8:30 9:30 10:00 1:00 1:45 3:00 Washington on Wheels Walkers Chinese Calligraphy Bridge Garden Club Meets to Reorganize Needlecrafts Tai Chi
4 Labor Day Holiday Senior Center Closed	5 8:00 8:15 8:45 9:15 9-12 10:00 11:00 12:30 12:45-2:45 12:45 12:45 1:00 1:45 2:00 3:00 Meditation Senior Fitness Yoga/Stretch Senior Fitness B. P. Screening Creative Writing Paratransit Info (appt) Comp. Bidding & Defensive Play #6 Los Amigos Crafts Bridge Fremontaires Grief Support, FRC Tai Chi(Beg) 4:00 (Adv)	6 8:15 8:30 8:40 10:00 10:00 12:30- 2:30 1:00 1:00 6:30 7:00 Tai Chi Walkers Cholesterol Tests (appt) Bingo! Current Events Medicare Counseling (appt.) Pinochle & Canasta Mah Jongg Tole Painting Class Woodcarvers	7 8:15 9-3 9:00 9:15 10-3 10:30 11:30 1:00 2:30 Senior Fitness Chinese Club (fee) Chinese Counseling and Information Senior Fitness Blood Pressure Screening Yoga/Stretch ECHO Housing, Reverse Mortgage Counseling Chess & Games Dance: USS Hornet Big Band, \$4 & \$6	8 8:30 9:30 10:00 10:00 11-2 1:30 1:00 1:45 3:00 Walkers Chinese Calligraphy Trip Meeting, Day Trips 2007! Bridge ID Photos Birthday Party! Entertainment by Wild Things! Piano and Guitar Lessons Needlecrafts Tai Chi
11 8:15 8:30 8:30 9:30 10:00 11:00 1:00 12:00 12:30 12:30 12:45 1:00 1:45 2:30-4:30 6-7:30 Tai Chi Walkers Quilters Medicare Counseling (appt) Harmonica (Carlton) AARP Social Time AARP Business Mtg Bridge Beg Spanish Quilter's Lab Healthy Lifestyles Painting Class Interm Spanish Investing for the Mature Investor Line Dance Class, Drop-in \$6	12 8:00 8:15 8:45 9:00 9:15 9-12 10:00 10:30 11:00 12:30 12:45-2:45 12:45 1:00 1:45 3:00 3:00 6:30-9:30 Meditation Senior Fitness Yoga/Stretch Softball Practice fld 2 Senior Fitness B. P. Screening Creative Writing Indo-Amer. Seniors Paratransit Info (appt) Competitive Bidding & Defensive Play #7 Karaoke-Com Cen Crafts Bridge Fremontaires East Indian Seniors Tai Chi(Beg) 4:00 (Adv) Easybridge Game - for beginners	13 8:15 8:30 9-12 10:00 1-4:45 1:00 6:30 7:00 Tai Chi Walkers Case Mgr. Appts Current Events Afghan Women Footcare - appt Mah Jongg Tole Painting Class Woodcarvers	14 8:15 9-3 9:00 9:15 10-3 10:30 1:00 2:00 2:30 Senior Fitness Chinese Club (fee) Chinese Counseling and Information Senior Fitness Blood Pressure Screening Yoga/Stretch Chess & Games Sr. Center Singers Dance: USS Hornet Big Band, \$4 & \$6	15 8:30 9:00 9:30 10:00 12:30 1:00 1:45 3:00 Walkers Pinochle/ Canasta Chinese Calligraphy Senior Commission Meeting Moved to Next Week At Ardenwood Conf. Room Bridge Baystrings Band Practice Piano and Guitar Lessons Needlecrafts Tai Chi
18 8:15 8:30 8:30 9-12 9-12 10:00 10-12 12:30 12:30 12:45 1-2 1-4 1:00 1:45 2:30-4:30 6-7:30 Tai Chi Walkers Quilters Hearing Screening Case Mgr. Appts Harmonica (Carlton) ICC Yoga & Meditation Beg Spanish Quilter's Lab Healthy Lifestyles ICC Roundtable Bingo! Painting Class Interm Spanish Investing for the Mature Investor Line Dance Class Drop-in \$6	19 8:00 8:15 8:45 9-12 9:15 10:00 11:00 12:45 12:45-2:45 1:00 1:00 1:45 2:00 3:00 6:30-9:30 Meditation Senior Fitness Yoga/Stretch B. P. Screening Senior Fitness Creative Writing Paratransit Info (appt) Crafts Karaoke-Com Cen "Ohlone Culture: First People of the Bay Area" Dino Labiste, Coyote Hills Regional Park Naturalist Bridge Fremontaires Grief Support, FRC Tai Chi(Beg) 4:00 (Adv) Easybridge Game for beginners	20 8:15 8:30 9-12 10:00 12:30- 2:30 1:00 6:30 7:00 Tai Chi Walkers Case Mgr. Appts Bingo! Current Events Medicare Counseling (appt) Mah Jongg Tole Painting Class Woodcarvers	21 8:15 9-3 9:00 9:15 10-3 10:30 1:00 2:00 2:30 Senior Fitness Chinese Club (fee) Chinese Counseling and Information Senior Fitness Blood Pressure Screening Yoga/Stretch Chess & Games Sr. Center Singers Dance: USS Hornet Big Band, \$4 & \$6	22 8:30 9:30 9:30 10:00 11:30 12:30 1:00 1:00 1:00 1:45 3:00 Walkers Chinese Calligraphy Sr. Commission Meeting - at Ardenwood Conf. Room Bridge NARFE Social Time NARFE Business Meeting Lavender Seniors of South County Meeting Piano and Guitar Lessons Pinochle/ Canasta Needlecrafts Tai Chi
25 8:15 8:30 8:30 9:30- 12:30 9:30 10:00 11-3 12:00 12:30 12:30 12:45 1:00 1:45 2:30-4:30 6-7:30 7-9 Tai Chi Walkers Quilters Medicare Counsel. (appt) Builders Fund Board Meeting Harmonica (Carlton) Amer. Muslims Mtg. Bridge Beg Spanish Quilter's Lab Healthy Lifestyles Painting Class Interm Spanish Investing for the Mature Investor Line Dance Class Drop-in \$6 Parkinsons Support	26 8:00 8:15 8:45 9-12 9:15 10:00 10:30 11:00 12:30 12:45 12:45-2:45 1:00 1:45 2:00 3:00 3:00 6:30-9:30 Meditation Senior Fitness Yoga/Stretch B. P. Screening Senior Fitness Creative Writing Indo Amer. Seniors Paratransit Info (appt) Bridge: Comp. Bidding & Defensive Play #8 Crafts Karaoke-Com Cen Bridge Fremontaires Visual Concerns East Indian Seniors Tai Chi(Beg) 4:00 (Adv) Easybridge Game - for beginners, mini-lesson & play	27 8:15 8:30 10-12 10:00 1-4 1:00 6:30 7:00 Tai Chi Walkers ID Photos Current Events Footcare - appt Mah Jongg Tole Painting Class Woodcarvers	28 8:15 9-3 9:00 9:15 10-3 10:30 1:00 2:00 2:30 Senior Fitness Chinese Club (fee) Chinese Counseling and Information Senior Fitness Blood Pressure Screening Yoga/Stretch Chess & Games Sr. Center Singers Dance: USS Hornet Big Band, \$4 & \$6	29 8:30 9:00 9:30 10:00 1:00 1:45 3:00 Walkers Pinochle/ Canasta Chinese Calligraphy Bridge Piano and Guitar Lessons Needlecrafts Tai Chi